

## The All-Natural Libido Enhancer: Stephanie Mahoe

Born and raised in beautiful Honolulu, HI, this gorgeous model was destined to be in front of the camera. It was tough to leave such a stunning surrounding but when Stephanie Mahoe turned 18 she decided to leave Hawaii and spent a year at USC in Los Angeles. After spending time in LA she decided to make the move north to Oregon where she lived for ten years until recently moving east to Chicago.

Modeling is nothing new to Stephanie. She's been modeling since she was a young girl, and used to create her own "photo shoots" with her Nana as the photographer. Her love for photography coupled with her creativity led her to modeling when she was in high school. It wasn't until a career change that things seemed to really take off. Stephanie decided to hit the stage and start competing in bikini. This career change is what has truly turned her modeling into an actual paying career. From there new opportunities have been presented to her left and right.

In terms of the type of photo shoot, Stephanie has no preference when comparing bikini versus fitness. She enjoys the creative process in general and doesn't really have a favorite. Quality images can be produced in both types of shoots and that's what she's always striving for. Stephanie's open to most creative ideas as long as they remain classy, and have worked with several photographers who had an idea and through their work created some of the most artistic images.

Stephanie had the opportunity to enter the Vitrix Model Search back in February 2011 and the competition was stiff. The women all worked hard promoting themselves to get votes and Stephanie realized she needed to somehow set herself apart. She came up with some ideas that were a little crazy, but were well received by the fans and getting the attention of Nutrex management. Stephanie took some videos and pictures with the Vitrix bottle at various places, kind of a "Where's she gonna show up next with Vitrix" campaign. Although she had many people asking questions, and maybe even laughing at her a little, she was working hard because she wanted the gig that bad!

A long story short, on her birthday (March 10) she decided that she would enter herself for the March contest in case she didn't win February's. This somehow removed her from February's contest and subsequently wiped out all her votes she had been working so hard for. Stephanie was devastated. However, later in the day, and after several conversations with the project manager, she got a phone call offering her a 6-month contract to join the team. It was the best birthday present ever—and definitely turned her frown upside down. She actually wrote a blog on this exact topic. You can read it at: [www.vitrixmodelteam.com/team/blog/how-bad-do-you-want-it.html](http://www.vitrixmodelteam.com/team/blog/how-bad-do-you-want-it.html)

The role of being a Vitrix model involves being available for shoots and appearances, writing blogs, and being super creative and entertaining. There is also has a social networking responsibility to fulfill daily. This entails interacting with fans on Facebook and building the

value of the individual models and the group as a whole. Ultimately this helps to market Nutrex's product and name, but it also benefits each of the girls as individuals as they personify themselves to the fans.

The Vitrix team was created by Nutrex Research to represent their product Vitrix—an all-natural male testosterone booster and libido enhancer. This quote taken from the VMT website summarizes what a Vitrix model truly is:

*“When Nutrex Research Inc. decided to embark on the Vitrix Model Team project we wanted to develop a team of highly motivated, charismatic women from all different ethnicities and backgrounds...intelligent, goal-oriented women who could not only be recognized for their beauty but for their brains and business savvy as well. These women can fulfill the most complex man's fantasies as well as the simplest man's desires. Whether it's sexy, naughty or sometimes sleazy, they understand every facet of what it takes to satisfy a man.”*

[www.vitrixmodelteam.com](http://www.vitrixmodelteam.com)

For the position Stephanie holds with Vitrix she also does some of the administration work for the Vitrix fanpage. She spends a good chunk of her time on the fanpage every day monitoring the posts and comments and doing the more technical and creative “behind the scenes” posting, etc. In addition to the Vitrix gig, Stephanie has a position with Nutrex as a Demo model. The position has her traveling around to various gyms and supplement stores to sample Nutrex products. This role entails more than just looking “pretty” as she also has to have product knowledge. Stephanie mentioned she gets to use her “nerdy” side about supplements and the physiology of the body.

Stephanie set out to use competing as a platform to gain exposure in the fitness industry two years ago and have done 11 competitions within that timeframe. That may seem like a lot, but she believes that when you want something badly enough you have to go after it 110%, never giving up, and always moving in a forward direction. That's exactly what she has done and will continue to do until she has earned her Pro Card.

In her first competition, Stephanie won her class and then went on to place in the top 5 of all her shows except one, and even won two Overall Titles.

The main reason she feels she has had success in her competition history is that she's never let her goal slip out of her sight. She made a decision to do something (further her fitness career), so everything she does, every day, is taking her closer to accomplishing that goal. Stephanie lives by the four D's: desire, dedication, drive, discipline. That is what success is made from! With her first show of the 2012 season only a few weeks away, (the NYC Metropolitan on 3/31) she is looking forward to making this year her best one yet!

It's not easy to maintain a stunning physique such as Stephanie's year round. When talking about her workouts her eyes got big and said, “THEY ARE INTENSE!” They look like a college athlete training as they get their butt kicked by their coach at practice every day. She does a lot of high intensity cardio and high volume training right now. Since she is entering

competition season she will train 5 days a week and do cardio 6 days a week, taking Sunday as a rest day.

Along with her intense workouts, she focuses on eating a clean diet. She claims she honestly loves her strict diet and claims it is enjoyable! *[Do you have any idea how hard it was to type that sentence? I kept thinking about cake and I swear my hands were twitching a little.]* At every meal Stephanie makes sure she eats a balance of protein, carbs, and fats. She has fruits in moderation, but lots of veggies. She actually eats a ton more food than people probably think in order to sustain her high intensity training. Stephanie is human though and also allows herself a cheat meal once a week.

This chick is simply a bombshell! No really, she is. Stephanie's a Team Bombshell athlete and claims it has been amazing. She loves to challenge herself and Shannon Dey's style of training definitely takes it to the next level. Shannon's approach is safe and highly effective and has helped her to feel incredibly healthy inside and out. Stephanie has also watched her physique change quite a bit as her glutes have taken on a whole new shape and size (which she and all of us Stephanie Mahoe fans love). The camaraderie amongst the other Bombshell girls is truly special.

Something you might not know about Stephanie is that she enjoys writing and the research that goes into fitness articles. *[I think I'm in love, just don't tell her fiancé that]*. Stephanie was honored when FitnessX magazine first asked her to write a Mother's Day article last year. She wrote several other articles in the early part of the year and when time allows for it she would like to write for them again.

Is there something bigger out there for Stephanie? Right now her biggest goal is to earn her pro card in the bikini division this year. From there she would like to expand on her position within Nutrex, since they are such a great company to work for. Another goal of Stephanie's would be to land a spread or magazine cover in a top magazine at some point in her modeling career.

As far as business goals, Stephanie is planning on going back to school to get her business degree for marketing. She was accepted to Nursing school but decided that she would rather pursue her dreams of a career in fitness and do marketing work within that industry.

Everyone needs to know what day of the week it is so it would be wise to pick up one of Stephanie's calendars. She will be launching an inspirational calendar which will feature her photos, but also her favorite quotes and sayings as well as some of her own personal quotes. She loves helping others and sharing fitness tips so is also working on creating her own website for this purpose.

When asked if there was anyone she would like to thank for getting her where she is today she said:

“There are so many people who have touched my life but to narrow it down to a few:

I would thank my first coach that I had when I started competing, Mark Nichols. He helped lay an important foundation for me as I stepped into the fitness industry. My fiancé has also been a huge support to me throughout my fitness and modeling career.

I would also like to thank Nutrex Research for seeing my potential when they asked me to become a part of the VMT one year ago. From there I they have continued to trust me with added responsibilities and positions within the company and I can't thank them enough. I am very proud to be a part of it all!"

Want to contact Stephanie? You can find her below:

Email: [stephmahoe23@gmail.com](mailto:stephmahoe23@gmail.com)

Facebook: <http://www.facebook.com/stephanie.mahoe>

ModelMayhem: <http://www.modelmayhem.com/1732945>

Personal fanpage: <http://www.facebook.com/pages/Stephanie-Mahoe/212722365420240>

Vitrix fanpage: <http://www.facebook.com/Vitrix.Model.Team>